



KOHLER  
*Waters*  
SPA®



KOHLER  
*Waters*  
SPA.

Water.

Gloriously abundant, supremely healing. At St. Andrew's we are so truly blessed to be very close to this abundant gift. It brings the winds, carries the tides. A source of replenishment and invigoration. Our waters form part of our inspiration for your visit to the Spa. Feel free to immerse yourself, listen intently, you might just hear the waves lapping on our shores.

## THERMAL SUITE EXPERIENCE

Leave the world behind in our Signature Thermal Suite. Immerse in our oversized hydrotherapy whirlpool, offering both invigorating and effervescent water experiences.

While there, wash away all stresses with the swan-neck jet spray. Enter the cool plunge pool for a refreshing dip before resting in the steam room, or dry-heat sauna. Relax poolside while the waterfall plays out a soundtrack for you to simply float away.

Finally return to the Spa lounge for a spot of tea while you wait for your treatment.

*Heaven.*

Prefer a quieter area you can enjoy the peace and tranquility of the deep relaxation room. With the luxurious chaise longues, mood lighting and a selection of gorgeous well-being goodies.

WE RECOMMEND THAT YOU USE OUR THERMAL EXPERIENCE FOR AT LEAST 30 MINUTES PRIOR TO ANY TREATMENT, THIS WILL PREPARE YOUR BODY AND MIND FOR THE TREATMENT AND GREATLY ENHANCE YOUR TIME WITH US.



# MASSAGE THERAPIES

ALL MASSAGE TREATMENTS PROVIDE TENSION  
RELEASE, STRESS REDUCTION, CIRCULATION  
ENHANCEMENT AND OVERALL WELLNESS. ALL  
SERVICES INCLUDE A CONSULTATION TO FOCUS  
ON KEY NEEDED AREAS.

## KOHLER WATERS SIGNATURE MASSAGE

75 MINUTES £136

Designed by our very own Kohler team, you will experience a blend of their favourite Kohler touches – beginning with a relaxing footbath followed by a harmonious full-body massage, featuring our Kohler Signature scent.

## TRANQUILITY PRO SLEEP MASSAGE

75 MINUTES £136

A complete mind and body well-being experience, perfect to induce a deep state of relaxation combining the intense sleep inducing qualities of aromatherapy, music and unique massage techniques from Kerala Ayurvedic and Indonesian Malay. The perfect jetlag recovery experience.

## GOLFER'S RECOVER MASSAGE

75 MINUTES £136

Designed to ease tension and increase flexibility with specific stretching techniques, the therapist personalises the massage to your specific needs while concentrating on the shoulders, upper back, chest/hips as well as forearms and wrists.

## DEEP TISSUE MASSAGE

75 MINUTES £136

Similar to Swedish massage, deep tissue massage uses slower and firmer strokes and pressure than other treatments - deep finger pressure that concentrates on particular areas, and follows or goes across the fibres of muscles and tendons. We recommend a sauna or steam bath before and/or after your massage as this will soothe and warm the muscles and boost the effectiveness of the treatment.

## HOT STONE MASSAGE

75 MINUTES £136

An extraordinary ancient ritual for the body which begins with a body massage using warm and cold stones, which immediately bestow relaxation, alleviating tension, stress and anxiety and promotes detoxification. This treatment, eases aches and pains, stimulates the metabolism and restores vitality and balance.

## CUSTOM BACK MASSAGE

50 MINUTES £114

This universal and fully customisable back massage encourages relaxation and targets areas of tension. A variety of techniques and range of pressure are used to meet your specific needs.

## BEGINNING, DURING AND AFTER MATERNITY MASSAGE

90 MINUTES £148

In these phases it is important to concentrate on nourishing the skin to ensure it remains soft, supple and elastic and to avoid stretch marks. Due to stretching of the skin, it can also feel very itchy and tight, and therefore best to deeply nourish it to offer a sense of relief and comfort.

# FACIAL TREATMENTS

ALL KOHLER WATERS SPA FACIALS INCLUDE CLEANSING, TONING, EXFOLIATION AND FACIAL MASSAGE WITH HAND AND FOOT HYDRATION. YOUR SPA THERAPIST WILL ALSO PROVIDE A PERSONAL EVALUATION TO ASSESS YOUR SKIN CARE NEEDS AND PROVIDE ANY RECOMMENDATIONS.

## KOHLER WATERS SIGNATURE FACIAL

75 MINUTES £134

Customised for your skin's specific needs, this luxurious treatment increases hydration, firms and tones. Antioxidants nourish the skin and leave a vibrant glow. Includes a relaxing back treatment and an anti-ageing hand treatment.

## YOUTH REVEALING PIONEER TREATMENT

75 MINUTES £148

This innovative pioneer youth revealing facial from Phytomer, uses the patented marine ingredient Extra Marine Filler, to enable lines and wrinkles to be filled within 15 minutes. The use of a new and unique massage procedure stimulates micro-circulation to oxygenate and revitalise, encouraging muscle relaxation to smooth lines and wrinkles and restore skin elasticity. The result - lines and wrinkles are diminished, the skin is softer, smoother and more radiant.

## CLASSIC PRESCRIPTION FACIAL

50 MINUTES £124

Your comfort expert facial treatment considers the skin condition, not just the skin types. Your therapist will recommend the most suitable experience delivering true SCIENCE for your skin with immediate results and a soulful ritual.

## RECOVER TOUCH [ANTIOXIDANT VITAMIN]

The powerful antioxidant and vitamin enriched facial treatment that features the super-food goji berry. Both will soothe and nourish the skin and offer the perfect seasonal repair.

## HYDRAMEMORY [DEEP HYDRATION]

A deeply hydrating face, neck and décolletage treatment to replenish the skin's moisture levels. The Hydra balance of the skin is restored and the skin is beautifully luminous and toned with a fresh, youthful complexion.

## REMEDY [SENSITIVE SKIN]

Renewing, strengthening and soothing treatment, fragrance-free, recommended for skins which are sensitive, fragile and prone to redness. Smooths and restores the protective skin barrier through a delicate dermal-affinity action.

## ACTIVE PURENESS [PURIFY AND REBALANCE]

A deep cleansing treatment that gives an immediate luminous, smooth and even appearance. Characterised by an innovative mattifying peel-off spirulina algae mask. Intense and delicate at the same time, it purifies and balances the skin, leaving it fresh and toned.

## SUBLIME SKIN FACIAL

75 MINUTES £148

Deluxe Lift - our state-of-the-art ultimate anti-ageing facial combines new Archi-lift technology with the renewing effects of the double peel for an instant re-plumping effect. Ideal for mature skin with visible signs of ageing, this forming facial stimulates cellular regeneration using the exclusive active lift massage techniques to smooth and tone skin. The result is smoother, radiant, more youthful skin.

## ACTIVE LIFT

75 MINUTES £148

A powerful lifting facial targeting sagging cheeks, jowls, chin and neck for a visible rejuvenating effect. The advanced mask helps to oxygenate skin cells and gives an instant firming effect. The result is a beautifully nourished, illuminated, firmer and lifted skin.

## DOUBLE PEEL

50 MINUTES £124

This advanced facial offers a powerful combination of lactic acid with AHA and Vitamin C. Ideal for targeting uneven skin tone, fine lines, wrinkles and dullness. It safely and effectively removes the thickening layer of the epidermis, revealing an incredibly radiant, even complexion.



# BODY TREATMENTS

EXFOLIATION IMPROVES THE TEXTURE OF YOUR SKIN, HELPS  
REDUCE LINES AND ALLOWS DEEPER ABSORPTION OF  
MOISTURISERS AND ANTIOXIDANTS. WE RECOMMEND ABSENCE  
OF SHAVING PRIOR TO BODY TREATMENTS.

## KOHLER WATERS WRAP-SIGNATURE

75 MINUTES £134

This signature body wrap starts with a gentle exfoliation using a marine sponge before your body is drenched with a warm oil enriched with trace elements and minerals. Fresh lavender petals are then scattered over your body giving you a sense of deep relaxation and well-being. While cocooned in warmth you will receive a detoxifying facial treatment, followed by a scalp and facial massage. Your skin will be left visibly rejuvenated and nourished.

## ORGANIC SEAWEED LEAF WRAP

90 MINUTES £148

Unlike any other seaweed treatment, this truly amazing detoxifying therapy uses real organic seaweed leaves to scrub and wrap your body. Beginning with a bladder wrack body buff, this treatment detoxifies firms and softens the skin and is excellent in conjunction with a weight loss programme. The whole body is then covered in Laminaria Seaweed leaves for instant results. Completed with an application massage of Softly Does It to nourish and soften.

## ORGANIC WARM SPICED PEAT WRAP

75 MINUTES £134

The seaweed is taken fresh from the ocean and its purifying elements are encapsulated in the rich Warm Spiced Mud wrap. The extract is rich in potent antioxidants and minerals. Definitely for the results driven client, this wrap offers immediate and noticeable effects to the skin, including firming and toning the body - this is a serious detoxifier, metabolism stimulator and a natural anti-ageing boost. Infused with aromatic spices of ginger and orange to revive the senses.

## AROMASOUL RITUAL SCRUB

50 MINUTES £114

*Can only be booked as an add on to any other treatment.*

This renewing volcanic scrub ritual uses minute lava particles combined with nourishing karite butter and enhanced with your chosen essential oil blend to smooth and soften the skin leaving it radiant. An ideal complement to the aromasoul elements massage.

## ORGANIC STIMULATING SEAWEED BODY BUFF

50 MINUTES £114

*Can only be booked as an add on to any other treatment.*

Let us scrub your body head to toe with certified organic bladder wrack body buff (*Fucus Vesiculosus*) - it is the ultimate treat for tired and dull skin. The antioxidants from our mineral rich bladder wrack seaweed combines with VOYA's signature seaweed massage oils to offer a powerful organic way to better skin.

## SCULPT ZONES

75 MINUTES £134 | COURSE OF 6 £680

Sculpt Zones is an intensive contouring treatment targeting cellulite on the abdomen, buttocks and thighs. After an exfoliation, a warm mask is applied to the targeted areas, you will then be wrapped while you enjoy a soothing eye massage. After a shower, an invigorating massage will be performed using a cellulite serum to complete the fat burning action. Up to a dress size can be lost with a course of six treatments.

# HYDROTHERAPY

*SALUS PER AQUAM*, A LATIN TRANSLATION FOR HEALTH THROUGH WATER. GENERALLY SPEAKING, HEAT IS USED TO QUIET AND SOOTHE THE BODY AND SLOW DOWN THE ACTIVITY OF INTERNAL ORGANS. COLD IS USED TO STIMULATE AND INVIGORATE, INCREASING ACTIVITY WITHIN THE BODY.

*NOT RECOMMENDED DURING PREGNANCY.*

## LAVENDER RAIN-SIGNATURE

75 MINUTES £134

Relax and inhale the calming and balancing benefits of fresh lavender in this completely balancing and rejuvenating spa experience. To begin, a nourishing body scrub with marine salt crystals is combined with lavender in an invigorating full body exfoliation. Next, relax inside a warm cocoon; a scalp massage, pressure point facial massage and foot massage are performed. This treatment will conclude with an application of lavender body lotion to leave your skin radiant and your body deeply relaxed.

## RAIN MAN

75 MINUTES £134

Designed for men, this warm Vichy shower experience includes hot stones on the back and feet, a full-body exfoliation and our signature moisturiser.

## BATHING TREATMENTS

*CAN ONLY BE BOOKED AS AN ADD ON TO ANY OTHER TREATMENT.*

Experience the healthy benefits of bathing for improved sleep, relaxation and overall well-being. All Kohler Waters Spa bathing experiences have the choice of the following three options;

*Phytomer Energising, remineralising marine ingredients to recreate the experience of thalassotherapy*

*VOYA Seaweed and aroma salts bath*

*Comfort Zone Tranquillity aromatherapy bath*

## RIVERBATH

30 MINUTES £64

RiverBath by Kohler with a full spectrum of eight sequential colour hues and invigorating whirlpool jets.

## SŌK OVERFLOWING BATH

30 MINUTES £64

Submerge from the top of your shoulders in the sōk overflowing bath by Kohler. The chromatherapy full-colour spectrum feature takes you through a bathing rainbow.

## RIVERBATH WITH MASSAGE

90 MINUTES £148

Bring calm to your body and spirit with a cleansing exfoliation followed by a Vichy hydro-massage. Then enter the RiverBath by Kohler with a full spectrum of eight sequential colour hues and invigorating whirlpool jets. A 50-minute massage follows for complete relaxation.

## SŌK OVERFLOWING BATH WITH MASSAGE

90 MINUTES £148

Submerge from the top of your shoulders in the sōk overflowing bath by Kohler. The chromatherapy full-colour spectrum feature takes you through a bathing rainbow. A dry-body brushing exfoliation prepares the body for mineral absorption in the bath. A 50-minute massage completes this rejuvenating experience.

## FOR THE GOLFER

### GOLFER'S RECOVER MASSAGE

75 MINUTES £136

Designed to ease tension and increase flexibility with specific stretching techniques, the therapist personalises the massage to your specific needs while concentrating on the shoulders, upper back, chest/hips as well as forearms and wrists.

### CUSTOM BACK MASSAGE

50 MINUTES £114

This universal and fully customisable massage encourages full body relaxation. A variety of techniques and range of pressure are used to meet your specific needs.

### DEEP TISSUE MASSAGE

75 MINUTES £136

Similar to Swedish massage, deep tissue massage uses slower and firmer strokes and pressure than other treatments - deep finger pressure that concentrates on particular areas, and follows or goes across the fibres of muscles and tendons. We recommend a sauna or steam bath before and/or after your massage as this will soothe and warm the muscles and boost the effectiveness of the treatment.

### RAIN MAN

75 MINUTES £134

Designed for men, this warm Vichy shower experience includes hot stones on the back and feet, a full-body exfoliation with our signature products.

### GOLFER'S FOOT RENEWAL

50 MINUTES Men £67

Restore your feet after an exhilarating day of golf. Includes a warm mud mask applied to the feet followed by a scrub and soothing pressure point foot massage.

## SPA RITUALS

### SEA HOLISTIC FACE AND BODY TREATMENT

90 MINUTES £148

With a combination of effleurage strokes, pressure and stretching, this highly original massage using marine salt crystals and fresh lavender in warm boluses restores the body's balance and provides a sensation of absolute well-being. The body is deeply relaxed and the skin is left feeling remineralised and beautifully soft. This treatment includes a full body exfoliation and mini facial treatment.

### TRANQUILLITY™ FACE AND BODY RITUAL

90 MINUTES £148

A unique sensorial and aromatic well-being ritual for the face and body aimed at favouring complete relaxation of mind and body. Experience a profound sense of well-being that results in relaxed muscles, improved circulation and visibly oxygenating, luminous and nourished skin.

### SACRED NATURE FACE AND BODY RITUAL

90 MINUTES £148

A wonderfully nourishing face and body ritual. This top to toe anti-ageing treatment is nourishing and protective, offering a natural treatment indicated for all skins, including even the most sensitive. Detoxifies and protects the skin in a pleasant and embracing ritual.

### HIMALAYAN SALT STONE MASSAGE RITUAL

90 MINUTES £148

An extraordinary ancient ritual for the body which begins with body massage using warm Himalayan salt stones, which immediately bestow relaxation, alleviating tension, stress and anxiety. The treatment then proceeds with an exhilarating salt scrub, a combination of the precious pink Himalayan salt with a nourishing aromatic oil to completely detoxify the body, ease aches and pains, stimulate the metabolism and restore vitality and balance.

### CUSTOM TIME

120 MINUTES £210

Simply reserve time and allow our expert therapists to customise your treatment experience. Following a consultation your experience will be tailored to your individual requirements and preferences on the day.



# FINISHING TREATMENTS

ALL 50 MINUTE MANICURES AND PEDICURES INCLUDE NAIL  
SHAPING, FILING, CUTICLE CLEAN UP, MASSAGE TECHNIQUES  
AND POLISH/BUFF APPLICATION.

## MARGARET DABBS SUPREME MANICURE

50 MINUTES £57

Our outstanding signature manicure treatment. Giving outstanding results and with the indulgence of the full range of Margaret Dabbs products and finishing with a wonderful hand and lower arm massage. Simply the best manicure you can find.

## MARGARET DABBS SUPREME PEDICURE

50 MINUTES £67

Our outstanding signature pedicure treatment. Giving outstanding long lasting results, with the indulgence of the full range of Margaret Dabbs Fabulous Feet products and finishing with a foot bath and wonderful foot massage.

## NEAT FEET PEDICURE - SIGNATURE TREATMENT

50 MINUTES £67

Re-energise overworked feet with a warming salt scrub exfoliation. Alpha Hydroxy Acid peeling foot pads are used to remove any excess skin and warm stones are placed between the toes to soothe and relax.

## GOLFER'S FOOT RENEWAL

50 MINUTES Men £67 | 75 MINUTES Women £72

Restore your feet after an exhilarating day of golf. Includes a warm mud mask applied to the feet followed by a scrub and soothing foot massage. Includes a full pedicure.

## HEALTHY HANDS MANICURE - SIGNATURE TREATMENT

50 MINUTES £57 | French £67

Using our signature scent, this manicure exfoliates and moisturises. Following a paraffin mask, heated spa mitts enhance the moisturising effect. Hand massage and nail polish complete this service.

## TOTALLY NAILS EXPERIENCE

TWO 50 MINUTE TREATMENTS £114 | French £124 | Gel polish £124

Enjoy a Neat Feet Pedicure and Healthy Hands Manicure.

## FINAL TOUCH POLISH CHANGE

15 MINUTES £30

This mini nail service includes a brief file followed by a finishing touch nail polish.  
French Polish £10.00 Gel Polish £10.00 Gel Polish Removal 15 MINUTES £20.00

## PERFECT MAKE UP APPLICATION

50 MINUTES £67

For that special occasion, allow our beauty artists to create your perfect look for day or night.



# DAY SPA RETREATS AND PACKAGES

(AVAILABLE RESIDENTIAL OR NON-RESIDENTIAL)

TO TRULY EXPERIENCE THE LONG-LASTING BENEFITS OF SPA WELLNESS, WE ENCOURAGE OUR GUESTS TO SPEND A FULL DAY RELAXING IN THE TRANQUILLITY OF KOHLER WATERS SPA. WE CAN CATER FOR INDIVIDUAL GUESTS WISHING TO ENJOY THIS ON THEIR OWN, COUPLES WISHING FOR A PAMPERING GETAWAY TO HIGH END HEN PARTIES OF LARGER GROUPS.

ALL OUR DAY SPA PROGRAMMES BEGIN WITH A WELCOME TOUR OF THE SPA AND YOUR DAY INCLUDES UNLIMITED ACCESS TO ALL THE SPA FACILITIES THROUGHOUT YOUR VISIT.

INCLUDED IN ALL OUR DAY SPA RETREATS IS A 2 COURSE LUNCH SERVED IN THE SPA CAFÉ, USE OF THE FULL RANGE OF SPA THERMAL FACILITIES, 20M LAP POOL AND ROOFTOP HOT TUB. LUXURY BATHROBES, TOWELS AND SLIPPERS ARE AVAILABLE FOR YOUR USE AS WELL AS A RANGE OF LUXURY AMENITIES.

## ULTIMATE LUXURY SPA EXPERIENCE

- £420 -

Champagne breakfast on arrival • Tranquillity bath • 2 hrs of Custom Time  
Margaret Dabbs Supreme Manicure and Pedicure

### DAYTIME ESCAPE

£140

*From 12 - 4pm*

Light snack served in The Spa Café  
Choice of Custom Back Massage or a  
Classic Prescription Facial

### TAKING THE WATERS

£290

Reviving and rejuvenating  
Lavender Rain Signature Body Treatment  
Kohler Waters Signature facial

### GOLFER'S RENEWAL

£240

Custom Back Massage  
Golfer's Foot Renewal

### DELUXE SPA DAY

£260

Relaxing  
Classic Prescription Facial  
Custom Back Massage

### HEALING WATERS

£290

Calming and soothing  
Kohler Waters  
Signature Massage  
Classic Prescription Massage

### JET LAG REVIVER

£150

Light snack served in  
Café Seasalt  
Tranquillity Pro Sleep

### SEA ESCAPE

£190

*From 12 - 4pm*  
Detox and pamper  
Kohler Waters  
Signature Wrap

### KICK-START WELLNESS

£320

Organic Seaweed Bath  
followed by  
Seaweed Leaf Wrap  
-  
Cleansing lunch  
afternoon talk on fitness  
and healthy eating  
-  
4 week fitness and food  
plan to take away

### BEAUTIFUL BRIDE

£320

Margaret Dabbs Supreme  
Manicure and Pedicure -  
day before  
-  
Tranquillity Bath -  
day before  
Tranquillity Face  
and Body Ritual - day before  
-  
Make up application on your  
day including a trial  
application on a day of  
your choosing

### GRADUATION PREP

£260

You've studied hard and  
now it's all paying off,  
prepare for your day  
with our carefully  
selected package  
-  
Custom Back Massage  
-  
Totally Nails Experience  
-  
Make up application

**OVERNIGHT SPA EXPERIENCE, WHY NOT ADD ON A ROOM NIGHT AND CONTINUE  
YOUR SPA EXPERIENCE IN THE COMFORT OF OUR STUNNING GUEST ROOMS?**

PLEASE ASK FOR OUR BEST AVAILABLE RATE.

# SPA & THERMAL SUITE

Day use of the Spa and thermal facilities

£40

OUR WATER SANCTUARY OFFERS SIGNATURE KOHLER WATERS BATHING EXPERIENCES, A 20M INDOOR SWIMMING SPA POOL, AN OVERSIZED HYDROTHERAPY POOL FOR THERAPEUTIC BATHING, STEAM ROOM FOR DEEP MUSCULAR RELAXATION AND DETOXIFICATION, EXPERIENCE SHOWERS, ICE FOUNTAIN AND COLD PLUNGE POOL AND A FINNISH SAUNA. THERE IS ALSO A ROOFTOP GARDEN WITH HOT TUB.

## FITNESS & WELLNESS

WE ALSO OFFER A LARGE LEISURE AND FITNESS CENTRE, HOUSING AN ADDITIONAL 20M LAP POOL WITH HOT TUB, A GYM AREA WITH CARDIO AND RESISTANCE STATIONS, A FUNCTIONAL FITNESS SPACE AND A GROUP EXERCISE STUDIO. THE FITNESS CENTRE WILL OFFER A NUMBER OF CLASSES, FROM YOGA AND PILATES TO SPINNING AND CIRCUIT TRAINING, INSTRUCTOR LEAD CLASSES ALONG WITH VIRTUAL FITNESS AND WELLNESS CAN BE AS VIGOROUS OR RELAXING AS YOU DECIDE. OUR QUALIFIED PROFESSIONAL STAFF ARE THERE TO ASSIST YOU AT ALL TIMES. THE FOLLOWING ARE AVAILABLE, PLEASE ASK AT THE SPA OR LEISURE RECEPTION FOR MORE DETAILS.

### **BESPOKE PERSONAL TRAINING**

#### **One session class - £50**

One-to-one personal training is undoubtedly the best way to achieve your optimum results through tailored programs, workout schedules, self-development and dedication to a healthy way of life. The Kohler Waters Spa and Fitness Team ensure that your service doesn't stop once you leave the studio, but through follow-up emails and a friendly phone call away, advice and extra motivation is available to help you achieve your desired results.

### **SMALL GROUP PERSONAL TRAINING**

#### **One session class - £20**

Bridging the gap between group fitness classes and one-to-one personal training, Small Group Personal Training provides a measurable, results-focused training program at a fraction of the cost of personal training.

### **YOGA/PILATES OR MEDITATION**

#### **One session - £15**

### **VIRTUAL CLASSES**

#### **One session virtual class - £10**

## FRIENDS WE FOUND ALONG THE WAY

### COMFORT ZONE

[ comfort zone ] was conceived in Parma, Italy, in 1996 a family-owned company still in the caring hands of the Bollati Family. Their mission is to promote a holistic, soulful, healthy and sustainable lifestyle, with advanced science-based conscious solutions to visibly improve skin, body and mind.

### PHYTOMER

From sea to skin PHYTOMER, true pioneer in marine cosmetics, has made scientific progress its guiding principle. For 40 years, its research and development teams have been discovering the most powerful marine ingredients and inventing the cosmetics of tomorrow.

### VOYA

A voyage of discovery and innovation; seaweed naturally cleanses and purifies your skin, helping to improve its suppleness and elasticity. It helps to reduce the signs of ageing by toning, smoothing, moisturising and stimulating skin cells. VOYA products are formulated to deeply nourish your skin and aid its natural ability to heal and repair. We now offer a selection of Voya treatments to enable you to experience all these healing benefits.

### MARGARET DABBS

Margaret Dabbs London is a globally recognised brand specialising in credible, results driven feet and hand products and manicure and pedicure treatments for both men and women which will provide effective, long lasting anti-ageing for both hands and feet. Her philosophy is simple - your hands and feet are very important to your look and well-being and we give to them the respect you and they deserve.

## GIFT VOUCHERS

Give the gift of healing and serenity.

[oldcoursehotelathome.co.uk](http://oldcoursehotelathome.co.uk)

Beach

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# PLANNING YOUR SPA EXPERIENCE

A VISIT TO KOHLER WATERS SPA IS A COMMITMENT TO YOUR OVERALL WELL-BEING. ARRIVE AT LEAST 30 MINUTES PRIOR TO YOUR FIRST APPOINTMENT TO ALLOW AMPLE TIME FOR CHECK-IN, CHANGING AND RELAXING IN OUR SERENE ENVIRONMENT. SPEND TIME EXPERIENCING OUR SIGNATURE KOHLER WATERS BATHING EXPERIENCES, A 20M INDOOR SWIMMING SPA POOL, AN OVERSIZED HYDROTHERAPY POOL FOR THERAPEUTIC BATHING, STEAM ROOM FOR DEEP MUSCULAR RELAXATION AND DETOXIFICATION, EXPERIENCE SHOWERS, ICE FOUNTAIN AND COLD PLUNGE POOL AND A FINNISH SAUNA. THERE IS ALSO A ROOFTOP GARDEN WITH HOT TUB.

## WHAT TO BRING

A bathing suit, to experience our swimming pool with waterfall.

Workout clothing and trainers. The Spa has a fitness suite featuring new resistance and cardiovascular equipment including state-of-the-art cardio-theatre stations plus plasma screens and a free weights area.

A good book or magazine. The Spa is a great place to reflect or take time to read and has a selection of complimentary magazines.

## WHAT TO LEAVE AT HOME

Jewellery, which can be forgotten in the pocket of a robe or become lost.

Any valuables or personal items of value.

Mobile phones, iPads and laptops. The Spa is a quiet area for relaxation, so personal devices are not permitted.

## WHAT WE PROVIDE FOR YOUR USE

Disposable razors, hair dryers, straighteners, shampoo, conditioner, body lotion, deodorant, body wash, towels, soft robes and spa sandals. A selection of styling products and implements are also available for your use.

## TERMS & CONDITIONS

### AGE REQUIREMENTS

All guests must be at least 16 years of age to use Kohler Waters Spa and services; however, children under the age of 16 may use the swimming pool in the leisure centre between 10am - 5pm when accompanied by an adult.

### LEISURE FACILITIES

Leisure facilities are complimentary for all hotel residents. Leisure facilities include; fitness suite and studio, 20m lap pool and hot tub, leisure centre lounge.

### SPA FACILITIES

Non-residential Spa guests are entitled to all Spa benefits for one day with the purchase of one 90 minute treatment per guest, or by purchasing a day Spa package.

Spa facilities include;

- Use of men's and women's changing rooms, each with lockers and steam room
- Thermal Suite featuring experience showers, hydrotherapy pool, sauna, steam room and cool plunge pool and ice fountain
- Use of plush robe and sandals
- 20m relaxation pool with waterfall
- Rooftop hot tub
- Relaxation lounge
- Complimentary beverages and amenities.

### SPECIAL NEEDS

If you have special medical conditions, are pregnant or have physical challenges, certain treatments are not recommended. Please notify the Old Course Hotel reservationist at the time you make your appointments.

### APPOINTMENTS

Demand for Spa treatments is high, especially on weekends and at other leisure times. We highly recommend appointments be made several weeks in advance. Hotel guests are encouraged to make Spa appointments at the time accommodation is reserved to ensure desired service times. Use of the Spa on weekends requires a minimum purchase of 90 minute Spa treatments per person.

### CANCELLATIONS/LATE ARRIVALS

If you need to cancel your Spa appointment, please call at least 24 hours prior to the appointment time. Failure to do so will result in the full service rate charged to your account. If you are running late, the courtesy of a phone call is always appreciated.

We will reschedule your appointment if possible. If we are not able to reschedule another appointment time, your services will begin as previously scheduled.

Your arrival time will determine the length of your treatment time, which will end as scheduled so the next guest may begin promptly.

### SPA POLICY

Kohler Waters Spa believes in maintaining a safe, friendly and quiet environment for both our Spa guests and staff. For this reason, the following actions are prohibited at the Spa:

- Talking on mobile phones
- Use of cameras or camera phone in the locker rooms, treatment rooms and co-ed relaxation areas.
- Please remember that all Spa therapists and other staff are experienced professionals here to provide you the highest level of service. We ask that in return you treat them with the same respect they will extend to you and refrain from any inappropriate actions, requests, or comments that may be viewed as harassing or intimidating. It is our goal to ensure all services are performed in a professional environment.
- Failure to act in accordance with our Spa policy may lead to you not being welcome at Kohler properties.

### GRATUITY

For your convenience, a 10% gratuity will be added to treatment fees at check-in. No additional gratuities are expected or necessary. At the discretion of our guests, gratuities may be adjusted at any time.

### GROUP BOOKINGS

We welcome groups. For a group of five or more desiring Spa treatments and activities, please contact Resort Reservations on +44(0) 1334 474371 (subject to availability).

KOHLER  
*Waters*  
SPA®

ST ANDREWS, KINGDOM OF FIFE,  
SCOTLAND KY16 9SP

TELEPHONE

**+44 (0) 1334 474371**

SPA HOURS 7AM - 9PM | FITNESS HOURS 6AM - 10PM

FOR LUXURIOUS HOSPITALITY AND  
WORLD-CLASS GOLF DESTINATIONS,  
VISIT [aKOHLEExperience.com](http://aKOHLEExperience.com)

**EXPERIENCE OUR U.S.A. SPA LOCATIONS**

KOHLER WATERS SPA AT THE AMERICAN CLUB, KOHLER, WISCONSIN

KOHLER WATERS SPA AT BURR RIDGE, BURR RIDGE, ILLINOIS

KOHLER WATERS SPA AT LODGE KOHLER, GREEN BAY, WISCONSIN

*Prices effective  
through 1/1/2019.  
Prices, policies  
and services are  
subject to change  
without notice.*

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